

#### Facial Aftercare

### **Please read the advice below**

Please take a moment to read the aftercare advice below; Your skin and the underlying structures have been stimulated during your facial, and it is important not to stimulate the skin further as this could cause redness and/or irritation.

**Over the next 24 hours:**

* Avoid wearing make-up.
* Cleanse and moisturise your face to prevent moisture loss
* Avoid direct and indirect heat, such as a saunas, hot baths, showers or a hot hairdryer.
* Sunbathing or prolonged sun exposure.

**Over the next 48 hours:**

* Do not apply perfume or perfumed products to the treated area.
* Do not undertake any other facial skincare treatments within 48 hours.

**Over the next 72 hours:**

* Do not apply any other exfoliating skincare products for 72 hours after facial.

**General advice:**

* Protect your skin in harsh climates, such as the cold in winter and hot sun in summer. Use products that contain SPF.
* Cleanse, tone and moisturise your face regularly to keep it free from blemishes and bacterial build ups to keep your skin soft and supple.
* Never go to sleep wearing make-up; remove all traces of make-up at the end of the day.
* Drink plenty of water (Recommended 6-8 glasses per day).
* Eat a healthy, balanced diet; Include at least 5 portions of fruit and vegetables each day.
* Avoid smoking.
* Avoid drinking large amounts of alcohol.
* Use the correct skin products for your skin type.
* For long term results book in for a regular monthly facial treatment.

If redness or irritation occurs, apply a cold compress or cooling spray to the area. Seek GP assistance if the symptoms do not improve within 24hrs.

**Ready for your next appointment?**

Why not make it a regular thing? Regular facials are known to be beneficial to your skin’s health. If you enjoyed your session with us, you can secure a monthly slot and we’ll keep you looking your best, month in – month out.

/sunbeds and heat e.g. saunas for 48 hours after having a facial.